AMENDMENTS

Listing of Claims:

The following listing of claims replaces all previous listings or versions thereof:

184. (Currently Amended) A ~~variable stride~~ stationary exercise apparatus~~,~~ comprising:

a frame comprising a first end and a second end;

a crank system coupled to the frame at a location closer to the first end of the frame than the second end of the frame;

~~a foot member coupled to the crank system, wherein the foot member comprises a footpad;~~

~~a variable stride system coupled to the foot member, wherein the variable stride system is located closer to the second end of the frame than the first end of the frame, and wherein the variable stride system is configured to allow a user of the apparatus to vary the length of the user's stride during use of the apparatus;~~

~~wherein the apparatus is configured such that a foot of the user can travel in a substantially closed path during use of the apparatus; and~~

~~wherein the apparatus is configured such that at least a portion of the apparatus remains substantially stationary during use.~~

a left movable member coupled to the crank system;

a right movable member coupled to the crank system;

a left foot member operatively associated with a left foot pad;

a right foot member operatively associated with a right foot pad;

a left cam system having a left cam surface and a left cam follower contacting the left cam surface, the left cam system operatively associated with the left movable member and the left foot member, the left cam system located closer to the second end of the frame than the first end of the frame; and

a right cam system having a right cam surface and a right cam follower contacting the right cam surface, the right cam system operatively associated with the right movable member and the right foot member, the right cam system located closer to the second end of the frame than the first end of the frame,

wherein the feet of the user imparting forces on the left and right foot members in cooperation with the left cam system and the right cam system may vary the stride substantially instantaneously, and

wherein the apparatus is configured such that the feet of the user may travel in a substantially closed path.

Please cancel claims 185-229 without prejudice.

Please add new claims 769-803 as follows:

769. (New) A stationary exercise apparatus comprising:

a frame having a first end and a second end;

a crank system coupled to the frame at a location closer to the first end of the frame than the second end of the frame;

a left arm link coupled to the frame;

a right arm link coupled to the frame;

a left movable member coupled to the crank system;

a right movable member coupled to the crank system;

a left foot member operatively associated with a left foot pad;

a right foot member operatively associated with a right foot pad;

a left cam system having a left cam surface and a left cam follower contacting the left cam surface, the left cam system operatively associated with the left movable member and the left foot member, the left cam system located closer to the second end of the frame than the first end of the frame; and

a right cam system having a right cam surface and a right cam follower contacting the right cam surface, the right cam system operatively associated with the right movable member and the right foot member, the right cam system located closer to the second end of the frame than the first end of the frame,

wherein the feet of the user imparting forces on the left and right foot members in cooperation with the left cam system and the right cam system may vary the stride substantially instantaneously, and

wherein the apparatus is configured such that the feet of the user may travel in a substantially closed path.

770. (New) The apparatus of claim 184 wherein the left and right cam surfaces face substantially downwardly.

771. (New) The apparatus of claim 184 wherein the left and right cam surfaces face substantially upwardly.

772. (New) The apparatus of claim 184 wherein the feet of the user may travel in a substantially closed elliptical path.

773. (New) The apparatus of claim 184 wherein the left foot member and the right foot member are cross-coupled.

774. (New) The apparatus of claim 184 further comprising a brake/inertia device coupled to the crank system.

775. (New) The apparatus of claim 774 wherein the brake/inertia device is coupled to a portion of the frame in front of the user.

776. (New) The apparatus of claim 774 wherein the brake/inertia device is coupled to a portion of the frame behind the user.

777. (New) The apparatus of claim 774 further comprising a housing, wherein the housing encloses at least a portion of the brake/inertia device.

778. (New) The apparatus of claim 184 wherein the left and right cam surfaces are nonsymmetrical.

779. (New) The apparatus of claim 184 wherein the left and right cam surfaces are symmetrical.

780. (New) The apparatus of claim 184 wherein at least a portion of the left and right movable members are configured to move in a reciprocating path.

781. (New) The apparatus of claim 184 wherein at least a port of the left and right movable members are configured to move in a closed path.

782. (New) The apparatus of claim 184 wherein the apparatus has a maximum stride length that is at least about 40% of the overall length of the apparatus.

783. (New) The apparatus of claim 184 wherein the crank system comprises a pulley.

784. (New) The apparatus of claim 783 wherein the crank system comprises a left crank and a right crank coupled to the pulley.

785. (New) The apparatus of claim 784 wherein the length of each left and right cam surface is at least two times the length of either left or right crank.

786. (New) The apparatus of claim 184 wherein the crank system is coupled to the frame at a forward portion of the frame.

787. (New) The apparatus of claim 184 wherein the left cam surface is directly attached to the left foot member and the right cam surface is directly attached to the right foot member.

788. (New) The apparatus of claim 769 wherein the left and right cam surfaces face substantially downwardly.

789. (New) The apparatus of claim 769 wherein the left and right cam surfaces face substantially upwardly.

790. (New) The apparatus of claim 769 wherein the crank system comprises a pulley.

791. (New) The apparatus of claim 791 wherein the crank system comprises a left crank and a right crank coupled to the pulley.

792. (New) The apparatus of claim 769 wherein the feet of the user may travel in a substantially closed elliptical path.

793. (New) The apparatus of claim 769 wherein the feet of the user may travel in a closed orbital path.

794. (New) The apparatus of claim 769 further comprising a brake/inertia device coupled to the crank system.

795. (New) The apparatus of claim 794 further comprising a housing, wherein the housing encloses at least a portion of the brake/inertia device.

796. (New) The apparatus of claim 769 wherein the left and right cam surfaces are nonsymmetrical.

797. (New) The apparatus of claim 769 wherein the left and right cam surfaces are symmetrical.

798. (New) The apparatus of claim 769 wherein the crank system is coupled to the frame at a forward portion of the frame.

799. (New) The apparatus of claim 769 wherein the left cam surface is directly attached to the left foot member and the right cam surface is directly attached to the right foot member.

800. (New) The apparatus of claim 769 wherein that end of each left movable member and right movable member coupled to the crank system rotates in a substantially circular path.

801. (New) The apparatus of claim 800 wherein the other end of each left movable member and right movable member reciprocates substantially horizontally.

802. (New) The apparatus of claim 801 wherein at least a portion of the left movable member and the right movable member distal each such end coupled to the crank system moves in a substantially closed path.

803. (New) The apparatus of claim 769, wherein the left and right foot members and the left and right cam systems are configured to provide a force that restores the users feet to a substantially neutral position during use of the apparatus.